

Annual Dream Plan Package

My Big Dream Is To:

My Body, Mind and Health Goals For This Year Are To:

My Other Goals (e.g. Creative Goals) For This Year Are To:

My Personal Mantra For The Year Is:

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My Monthly Goals for: _____ (put month here)

Body/Mind/Health Goals

-
-
-

Dream-Related Goals

-
-
-

Other Goals

-
-
-

Monthly Affirmations:

- ❖
- ❖
- ❖

Key Goals/Milestones:

- ❖
- ❖
- ❖

Weekly Action Item Breakdown

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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My top 3 goals for today:

1.

2.

3.

Today's "To-Do" List

I'm going to take these steps to make my goals happen!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Notes & Thoughts:

What went well really well today and what I am grateful for today:

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My Long-Term Goals

In two years I will:

-
-
-
-
-

In five years I will:

-
-
-
-
-

In ten years I will:

-
-
-
-
-